

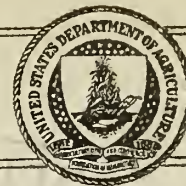
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U.S. DEPARTMENT OF AGRICULTURE Office of Information Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JANUARY 2, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --

Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry, or
cheese

KNOWING YOUR ONIONS

Thirteen million dollars worth of onions is a lot to think of. But that is the farm value of the onions moved to market from the commercial onion-producing areas of this country during the 1933 crop season. It makes onions one of the ten or twelve most valuable vegetable crops we produce. In one way or another, they say, we eat onions in this country at the rate of 10 pounds per person per year. And onions do their bit toward a balanced diet, says the Bureau of Home Economics of the U. S. Department of Agriculture. They are a fair source of iron, and raw onions furnish some vitamin C.

Onions were one of the foods of the ancients. There are paintings, it is said, that show Egyptian priests covering their altars with onion tops and roots. Onions are mentioned in the Bible as one of the things the Israelites longed for

in the wilderness and complained to Moses about. In the East, continues the historian, "there is a tradition that when Satan stepped out of the Garden of Eden after the fall of man, onions sprang up from the spot where he placed his right foot and garlic from the spot his left foot touched."

Be that as it may, every farm or vegetable garden now grows onions for home use. To supply our city markets the commercial shipping areas in the United States usually devote 80,000 to 90,000 acres to the growing of onions. (And this does not include the local or market garden acreage producing chiefly for sale in local markets, and furnishing possibly 10 to 15% of the marketings.) All told, the commercial onion growers ship three crops - early, intermediate and late - which amounted to about 23 million bushels this year.

At this time of year we are getting the late, or "main crop" onions on the market, which is to say the onions grown chiefly in New York, Michigan, Indiana, Ohio, California, Idaho, Colorado, and 10 other states, north, east and west. By the end of November, this crop is in storage for distribution through the winter. Most of it consists of Yellow Globe onions, but there are many white ones and red ones as well. The mild-flavored Bermudas and the Creoles, grown chiefly in Texas, California and Louisiana, mature in the spring and come on the market during the summer as the "early crop."

We still import some onions, but the 80,000 bushels imported in 1933 looks small beside the 2 million bushels and more that we used to get from Spain, Egypt, Bermuda, Mexico and Chile. We now grow our own Spanish onions, large oval yellow mild-flavored onions that come to market mainly from the Northwest in the fall and winter months. You find a few imported Spanish onions on the market in winter as well as in summer, and some Egyptian onions also. These are of the Spanish type, but harder and stronger flavored.

When you are buying onions you probably look for those that are bright, clean, hard, well-shaped, and mature, with dry skins. You don't want onions which have begun to sprout, or in which the seedstem has developed. Nor do you want onions with any sign of rot, either on the outer scales or the scales in the center of the bulb - and moisture at the neck is usually an indication of decay. These defects are serious, but they are fairly easy to detect.

It is to the housewife's advantage to know, however, that onions are usually marketed in wholesale quantities by well established grades. The dealer buys northern onions, the Globes, usually in 50-pound bags. (Bermudas and Creoles - the early onions - come in sacks and crates and have their own special grades.) The U. S. Department of Agriculture standards for northern-grown onions are "U. S. No. 1", "U. S. Commercial", "U. S. No. 1 Boilers", and "U. S. No. 1 Picklers"

The grading is done first over inclined screens or slatted racks, which separate the larger onions from the small ones. Loose tops, chaff, and dirt also, pass through the screens. In addition to size, onions are graded for maturity, firmness, and shape, and according to the percentage of "doubles" or "splits", "bottlenecks" and "scallions", and of "bald", "skinned" or "peeled" onions, which have lost more than half the papery outside skin; for the presence of sunscald which affects shipping and marketing quality; for the cracking of the flesh itself, or any appearance of decay, and for the presence of too many tops. "Doubles" and "splits" are onions which have developed more than one distinct bulb. If they are distinctly misshapen, or show a splitting of the dry outer scales they are excluded from the top grade. "Bottlenecks" are onions with abnormally thick necks. "Scallions" have thick necks and relatively small and poorly developed bulbs.

"U. S. No. 1", the best grade of onions, are free of these and other defects such as damage caused by freezing, by disease or insects, or by handling, packing, or other mechanical means. The size for Grade 1 is not less than $1\frac{1}{2}$ inches in diameter. If they are yellow onions, 40 percent or more, and if white onions 30 percent or more, by weight, must be 2 inches or larger in diameter.

"U. S. No. 1 Boilers" are onions of No. 1 grade which are 1 to $1\frac{3}{8}$ inches in diameter, and "U. S. No. 1 Picklers" are still smaller -- less than 1 inch in diameter.

"U. S. Commercial" grade includes somewhat less perfect stock than Grade 1. The minimum size is $1\frac{1}{2}$ inches diameter, but there is no requirement for a percentage 2 inches in diameter or larger. The onions in this grade are "mature, not soft or spongy, not badly misshapen," and free from defects as listed for Grade 1, except that there is no requirement regarding peeled onions. On the same market, they should, of course, sell for less than Grade 1, and for many purposes they serve just as well as Grade 1.

The greatest quantities of onions are used, probably, "rather as a seasoner than as an edible," as somebody puts it. But on many a family table a good dinner includes onions creamed or baked or stuffed, or scalloped, to say nothing of onions fried to go with steak or liver, or raw sliced onion in a salad. Or onion soup, made with meat stock and served with toast and grated cheese--which is almost a full meal, if you add, say, cold slaw for a salad, or grapefruit or sliced peaches for dessert.

RECIPES

Onion Soup With Toast and Cheese

6 medium-sized onions, chopped fine	4 tablespoons cold water
2 tablespoons fat	Salt and pepper to taste
1 pint boiling water	Toast
1 quart meat broth	Cheese, finely grated
4 tablespoons flour	

Cook the chopped onions in the fat until yellow, add to the hot water, and simmer for 20 minutes, or until tender. Add the meat broth. Blend the flour and cold water, add some of the hot liquid, mix well, and stir into the soup. Add the salt and pepper, and cook for a few minutes. Pour the soup into bowls or soup plates, place on top of each a slice of toasted bread, sprinkle the cheese over the bread and soup, and serve at once.

Fried Onions and Apples

3 tablespoons fat	1/4 teaspoon salt
1 quart sliced tart apples	1 tablespoon sugar
1 pint sliced onions	

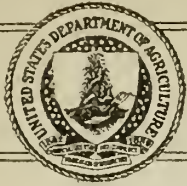
Melt the fat in a heavy skillet, add the apples and onions, cover, cook slowly until nearly tender, and stir frequently to prevent scorching. Remove the cover, sprinkle the salt and sugar over the apples and onions, and continue the cooking until they are lightly browned. Serve at once.

Scalloped Onions and Peanuts

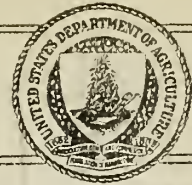
6 medium-sized onions	1 tablespoon flour
1 cup peanuts, ground (or 4 to 6 table- spoons peanut butter)	1 cup milk
1 tablespoon melted butter	1/2 teaspoon salt
or other fat.	1 cup buttered bread crumbs

Skin the onions, cook in boiling salted water until tender, drain, and slice. Make a sauce of the fat, flour, milk, and salt. In a greased baking dish place a layer of the onions, cover with the peanuts and sauce, and continue until all are used. Cover the top with buttered crumbs and bake in a moderate oven for about 20 minutes, or until the crumbs are golden brown. Serve from the baking dish. If peanut butter is used, mix it with the sauce.

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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JANUARY 9, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

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Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --

Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry, or
cheese

THE PURSUIT OF VITAMIN C

In winter time especially, we have to pursue vitamin C if we are to be sure of getting it, says the Bureau of Home Economics of the U. S. Department of Agriculture. And get it we must somehow, the nutritionists tell us, if we are to keep fit, summer or winter. This is the "anti-scorbutic vitamin", so-called because the prolonged lack of it causes scurvy. Not many of us nowadays are in danger of the acute form of that disease, but we do need anti-scorbutic foods, especially for good "tooth nutrition", and healthy gums.

The question of cost comes up, of course. Where can we get the most vitamin C for our money in winter time? The answer is: In fresh vegetables and fruits, especially when you eat them raw--which sounds rather expensive, considering that many of the fresh foods are out of season in the greater part of the United States at this time of year. But some of them are to be had anywhere, and there

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are ways of getting the necessary amount of vitamin C in fairly cheap winter meals.

The foods richest in vitamin C are, in the order of their richness, the citrus fruits (oranges, grapefruit, lemons, limes, tangerines), tomatoes raw or canned, raw cabbage, other green leaves, and other vegetables and fruits, especially if we eat them raw. We do get some vitamin C from cooked vegetables and fruits if they are cooked a very short time. But raw fruits or vegetables of some kind, or tomatoes, raw or canned, are the most dependable source. Tomatoes, fortunately, retain most of their vitamin C when canned. So does grapefruit, so does pineapple.

So then, a little figuring to count the cost of our vitamin C. Measure for measure, the citrus fruits are about twice as rich in this vitamin as are tomatoes, the next best source. But which are the cheapest for you will depend of course upon the prices in your local market. If you count an orange a day, yielding a quarter of a cup of juice, for each member of the family, the cost would probably be $1\frac{1}{2}$ to 3 cents per person, or 8 to 15 cents per day for enough vitamin C for a family of five. Half a grapefruit per person might be cheaper than the orange in some localities. Of tomatoes or tomato juice you would need about twice as much as of citrus fruit, or half a cup of tomatoes for each person. A No.2 can of tomatoes furnishes about $2\frac{1}{2}$ cups, which would be half a cup for each member of a family of five. The cost of the tomatoes will vary from about 8 to $12\frac{1}{2}$ cents per can, probably. Compare that with what you have to pay for an orange or half-a-grapefruit for each member of your family.

But when you don't have citrus fruits at some meal during the day, and don't have tomatoes either, you need some other dependable source of vitamin C. Raw cabbage comes in there, and should be on the table often. But of course every day is oftener than most people would like, so we must turn to other raw vegetables and fruits for variety.

That brings us to the vegetable cocktail, the fresh fruit cup, and the mixed raw salad. These are not just a fad, or a decorative "extra" or "frill", but a very practical way of getting a food substance we cannot do without. If you do not have citrus fruit, or tomatoes, but do have some raw vegetable or fruit, you have made a good start toward getting your day's requirement of vitamin C, and what you get in small quantities here and there from the rest of your food will probably make up the full amount you need.

And some of the salad vegetables of wintertime are seldom expensive. Cabbage, one of the best for vitamin C, is probably as cheap as any vegetable we have at any time. Spinach, which many people use raw in salads, is another rich source of vitamin C, and so are green peppers, and pimientos, which are a flavorful addition always. Lettuce, parsley, and watercress are also good sources. So are raw turnips, raw carrots, raw onions, and raw cucumbers. Apples raw, pineapples (canned, as well as raw), bananas and raw cranberries are winter fruits that furnish vitamin C.

Here then, are suggestions for getting your vitamin C in winter by using fruits and raw vegetables:

Vegetable cocktails and relishes -

Chopped cabbage, chopped celery, chopped carrots, with a sauce of catsup, or chili sauce and horseradish. Other mixtures of diced or chopped vegetables, such as turnip, especially yellow turnip, with green pepper, seasoned with lemon juice, pepper and salt. Cabbage heart is good in such mixtures, or Jerusalem artichoke. And a floweret of raw cauliflower on top adds a flavor as well as a decorative touch.

A good tomato cocktail is made of tomato juice with a seasoning of onions, celery, pepper and salt. Stew the onions and celery together to blend their flavors; add them to the juice; and strain.

Raw carrot sticks, along with or without sticks of celery, or radish, make a good relish. Or you can use turnips or Jerusalem artichokes this way.

Fruit cups --

Canned sliced peaches, diced apple, sliced banana
Grapefruit or orange sections cut small, sliced banana

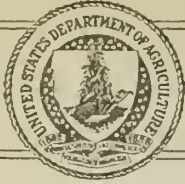
Salads --

Cold slaw, with or without chopped green pepper
Chopped cabbage and chopped or ground carrots.
Chopped cabbage and diced apple
Chopped carrots and diced apple
Shredded cabbage with chopped or ground peanuts
Shredded cabbage with very thin onion rings
Shredded cabbage, chopped green pepper, chopped onion, chopped peanuts
Chopped raw rutabaga and chopped celery

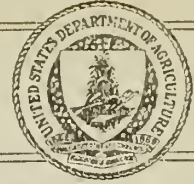
In the preparation of vegetable cocktails, fruit cups, and raw salads, nutritionists warn against letting them stand uncovered, or for any considerable length of time, because they lose vitamin C when cut surfaces or the juices are exposed to the air.

Cooked vegetables are not to be ignored as sources of vitamin C. But again the nutritionist warns that the cooking time should be as short as possible to save the most vitamin C. In the case of cabbage and greens, cook until the leaves are barely wilted. For the roots, just until they are tender. Then serve at once.

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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JANUARY 16, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

--

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

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Eggs (especially for children)
Lean meat, fish, or poultry, or
cheese

WHEN YOU BUY POTATOES

There is a "how" to everything, including such a commonplace task as buying potatoes for dinner. Every housekeeper knows, for example, that sometimes the handsomest potato is just a gay deceiver. Under his smooth and plausible surface he may be hiding what the experts call literally "hollow heart", and still worse, "blackheart". But for the matter of that, even a perfectly sound potato may not meet all your requirements in other respects. So how do you choose your potatoes?

The U. S. Department of Agriculture spends a good deal of time on potatoes. Its Bureau of Home Economics tests the cooking qualities of different kinds and different lots of potatoes, grown under different conditions. They are potatoes of the common market varieties, but they develop differently according to the soil and climate in different places and under different methods of cultivation.

The Bureau of Plant Industry works for improved varieties of the favorite types of potatoes, for better methods of cultivation and seeks means of preventing potato diseases. The Bureau of Entomology fights off insect pests. The Bureau of Agricultural Economics sends its inspectors into the potato-growing sections of the country to examine and certify, on request of the shipper, the grade of potatoes produced.

All this is done that we may have better potatoes to eat, and so that we may get the quality we pay for. Here are some of the things these bureaus tell us:

At this time of year, the "late" or "main crop" of potatoes is on the market, shipped in from about half the states in the Union. Last year Maine shipped, all told, more than 49,000 car loads. and Idaho shipped more than 25,000. From Colorado, Michigan, Minnesota, Nebraska, New York, North Dakota and Wisconsin came shipments ranging from Nebraska's 6700 cars to New York's 8200. This year the crop is much larger in the East, especially in Maine, New York, and Pennsylvania. It is the northern tier of states that grow the late, or main crop potatoes, which are harvested in the fall and stored to meet the winter demand. This late crop amounts, in fact, to more than three-fourths of the whole.

The "early" crop, young "new" potatoes, begins to come to the city markets from Florida and Texas in December. By May, or at latest in June, shipments of the "early" crop will begin coming from Louisiana, Alabama, the Carolinas, Maryland, Virginia, and other southern states, to supply the spring and summer markets.

"Green Mountain" varieties are the leaders of the late potatoes in New England, northern New York, Long Island, and New Jersey. The "Rurals" are the varieties that grow best in most other sections of the North. The famous Idaho "bakers" are Russet Burbanks -- longer and usually larger than the other types, the Green Mountains being more or less oblong, the Rurals more nearly round.

Early potatoes, the quick maturing varieties that are grown in the warmer climates, are for the most part "Irish Cobbler", "Triumph", and "Spaulding No. 4".

In your local market you will doubtless see potatoes advertised by the name of the state they come from - probably your own or some nearby state. Idaho potatoes are nearly always so labeled, and often cost more than home-grown potatoes, because they must be shipped long distances to find their big markets. This is often true also of Colorado Brown Beauties and Red McClures, which are popular varieties in the Middle West.

But how do you select potatoes when you go to market? Partly by their appearance, of course. You want them sound, smooth, shallow-eyed, and reasonably clean, for the dirt is unattractive, even though it does not injure the eating quality. You don't want potatoes that are sprouting, wilted, leathery, discolored from sunburn or other cause, or affected in any way by rot or insects or disease. Nor, if you can help it, do you want mixed varieties, for they differ in cooking quality and you will want the same cooking quality in any one lot. But when potatoes have "hollow heart", you cannot detect it until you cut them open. Sometimes the hollow is very small, and causes little waste. Or it may be very large. "Blackheart", which usually shows well-defined darkened areas of the flesh, is highly objectionable. There are other causes, too, which cause discoloration inside the potato.

Against this kind of defect, the customer's best protection at present is to know how the potatoes are graded for the wholesale buyer -- since the stores do not, as a rule thus far, carry grade labels for the customer's direct information. Potatoes for shipment are graded, on request and for a small fee, by official representatives of the U. S. Department of Agriculture, who furnish a certificate that the given lot qualifies under one or another of the established United States grades. Some states require that the sacks in which the potatoes

are sold shall be labeled with the grade. Some dealers display the potatoes under such a label. Others will tell you the grade if you ask about it. Some may not know the grade. But it is just as well to ask them to find out.

For the consumer, or anybody else for that matter, it is obviously impossible to test every potato for hidden defects, such as "hollow heart" and "blackheart". But the Government inspector does actually cut open a percentage of the potatoes in sample lots before certifying as to the grade. This means that to be certified the potatoes must meet the Government standards of quality, and there can be but a minimum percentage of defective potatoes in the lot as sold to the dealer.

There are four United States grades for potatoes. There is a superfine grade called "U. S. Fancy". But by far the largest proportion of the potatoes on the market fall in grade "U. S. No. 1". Then follow "U. S. Commercial" and "U. S. No. 2".

But even when potatoes are graded for size, soundness and freedom from defects, their appearance does not tell you about their cooking quality. For that you will have to do your own experimenting and then remember the types of potatoes you like best and the state or region from which they come. The Bureau of Home Economics reminds us, however, that dry mealy varieties which break into white, flaky, almost crystalline masses are ideal for mashing and baking. The more waxy varieties, because they hold their shape, are best for salad and creaming. For deep-fat frying, avoid potatoes which have been frozen or held at low storage temperatures. Some of the starch turns to sugar under those conditions, and such potatoes brown too much and too quickly at frying temperatures.

A potato baked in the skin retains most of its food value, even its vitamins. And because the best values are close to the skin a potato boiled in its "jacket" furnishes the food values that are lost when the raw potato is pared with a knife. Cooked otherwise, the chief food values of the potato are its starch as a source of

energy, and some mineral content, including a small amount of iron, which counts up because of the amount of potatoes we eat. New potatoes contain more protein (which accounts for their waxiness) than old potatoes.

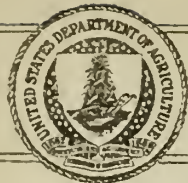
U. S. Standards for Potatoes

"U. S. No. 1" potatoes must be of the same general type in any one container, must be at least fairly well-shaped, free from freezing injury, blackheart, and soft rot or any other soft, mushy or leaky condition. They must be free from damage caused by dirt or other foreign matter, sunburn, second growth, growth cracks, air cracks, hollow heart, cuts, shriveling, sprouting, scab, blight, dry rot and other diseases, and free from insects or mechanical or other damage. Some leeway is allowed, and some potatoes in any container may fall below grade, but the percentage is strictly limited.

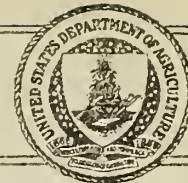
Unless the size is specified otherwise, U. S. No. 1 potatoes must be not less than 1-7/8 inches in diameter. They may be further classified, however, as "U. S. No. 1 Size A" or "Size B." "U. S. No. 1 Size A", if they are the long varieties of potatoes, should measure not less than 1-7/8 inches in diameter, and at least 40 percent of them, by weight, must each weigh 6 ounces or more. For the round or intermediate shaped varieties, at least 60 percent by weight must be 2-1/4 inches or more in diameter. "U. S. No. 1 size B" potatoes for all varieties shall be from 1-1/2 inches to not more than 2 inches in diameter. "Size A" or "Size B" may also be used in connection with U. S. Commercial and U. S. No. 2 grades, described below.

"U. S. Commercial" grade potatoes must meet the requirements of "U. S. No. 1" grade except that the potatoes need not be as clean, and a somewhat higher percentage of defective potatoes is allowed.

"U. S. No. 2" grade requires that the diameter shall be not less than 1-1/2 inches. They shall also be free from freezing injury, blackheart, and soft rot or mushiness, and from serious damage from other causes.



U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JANUARY 23, 1935 (WEDNESDAY)

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by

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MEAT DISHES AT LOW COST

Most housekeepers prick up their ears over ways of cutting down the meat bill. And right now, more than usual, says the Bureau of Home Economics of the U. S. Department of Agriculture, there is point to such discussion.

Because of the drought last summer and for other reasons, there is more very lean meat in many markets and there are fewer well-marbled steaks and roasts with a thick rim of fat. The supply of meat for the country as a whole is also smaller than it has been for some years past. This calls for more skill in cooking meat and in devising good combinations with other foods.

Accordingly, the bureau has brought together its best ideas for using the cheaper meats, and here are some of them - first some general rules, and then some recipes:

General Rules for Cooking Meat

Cook meat slowly, using moderate temperature most of the time. Meat is a protein food and, like white of egg, is toughened by prolonged heating at high temperature. To make meat savory, brown it to develop the characteristic rich flavor, but cook it at moderate temperature the rest of the time.

Whether to roast, broil, or braise a piece of meat depends on the tenderness of the cut and on how much fat there is. There are tender cuts and cuts less tender. The tender cuts are beef roasts and steaks from the rib and the loin, all cuts of lamb and pork, and generally all cuts of veal. The less tender cuts are beef chuck, brisket, plate, rump, round, and flank.

When meat has plenty of fat, cook according to the cut. Roast or broil the tender cuts in uncovered pans, without added water. Tough meat requires long, slow cooking with moisture; so make the less tender cuts into pot roast, stew, or some other braised dish. Or, grind less tender meat and cook it like tender meat.

When meat has very little fat, it is usually best to modify the rules of cooking meat according to the cut. To veal and to very lean beef, lamb, or pork, whether tender or not, add fat for richness and good flavor, and cook as braised steaks and chops, oven-braised meat, pot roast, and stews.

Braising and pot-roasting, by the way, are merely variations of the same principle of meat cookery. They are two of the very best ways of making lean, tough meat tender. One of the important "do's" to a successful pot roast or braised dish is first to season the meat with salt and pepper and sprinkle it generously with flour. Then brown the meat on all sides in a small quantity of fat, with some sliced onions if you wish. Next add liquid, just enough to make steam, say about $\frac{1}{2}$ cup of water to a good-sized piece of meat. In other words, don't drown your pot roast with liquid. As soon as you pour in the liquid, cover the kettle with a close-fitting lid, and cook the meat slowly until it is

tender through and through when pierced with a fork. As the steam gradually cooks the meat tender it also draws out the juices. But they collect in the bottom of the kettle, and when you make gravy of these drippings, you lose none of the good meat flavor.

Savory seasonings add zest to many a homely dish at little cost. The following seasonings are good with meat: Onions, sage, thyme, leaf savory, bay leaf, mint leaves, parsley (fresh or dried), celery tops (fresh or dried), celery seed, caraway seed, cloves, pepper, paprika, curry, grated horseradish, Tabasco sauce, garlic buttons, and many others.

Combine meat with other foods. Skill in combining foods, plus knowledge of food values is the key to interesting, appetizing, balanced meals. Meat is one of the very flavorful foods; so make it go as far as possible in toning up bland foods.

Save all left-over meat, gravy, or drippings, and make broth of the bones. Keep left-over cooked meat cold, and serve as sliced meat or in salad. Or use left-over meat with other foods in appetizing hot dishes such as stuffed peppers, chop suey, curry, browned hash, and croquettes. If you have a cold place to keep meat, you can economize on fuel and time by cooking a large piece and using it for several meals.

Canned meat is already cooked, and like left-over meat, can be quickly turned into many a good one-dish meal with vegetables and cereals. Cook the vegetables and cereals first, add the canned meat, and heat thoroughly.

Among the low-cost meat recipes suggested by the Bureau of Home Economics are a variety of braised steaks and chops; pot roasts and stews; meat pie; low-priced roasts; meat patties with tomato gravy, and other ways of using ground meat, sausage, and salt pork; and more than a dozen quick dishes with left-overs and canned meat, besides soups and chowders, liver, kidneys, heart, and tongue.

These recipes are printed under the title, "Meat dishes at low cost," and the pamphlet, listed as Miscellaneous Publication 216-MP, can be obtained for five cents a copy from the Superintendent of Documents, Government Printing Office, Washington, D. C.

Recipes

Fricassee of Veal or Lamb with Dumplings

Veal or lamb breast, shoulder, neck, flank, and shank meat are all good for a fricassee. Cut from 1 to 2 pounds of meat into fairly small pieces, sprinkle with salt, pepper, and flour. Brown in fat and add a sliced onion. Add water to cover, put on a lid, and cook slowly for 1 to 1-1/2 hours. Then add turnips and carrots, and chopped green peppers, if desired, and cook until the meat and vegetables are tender. The stew should have plenty of gravy, very slightly thickened. Season to taste with salt and pepper.

For dumplings, sift 1 pint of flour with three-fourths teaspoon of salt and 3 to 4 teaspoons of baking powder, work in 2 to 3 tablespoons of fat, and add 1 cup of liquid (water or milk). Drop the dumpling batter by spoonfuls over the stew, cover tightly to hold in the steam, and cook for 15 to 20 minutes, or until the dumplings are done.

Roast Spareribs with Apple Stuffing

Select two sparerib sections that match. Have the breastbone cracked so that it will be easy to carve between the ribs.

For the stuffing, fry one-fourth of a cup of diced salt pork or bacon until crisp. Chop an onion, a sprig of parsley, and 2 or 3 stalks of celery and cook in the fat for a few minutes. Then add 5 or 6 tart apples diced or sliced, and sprinkle with one-fourth to one-half of a cup of sugar. Cook until the apples are tender and somewhat candied. Then stir in 1 cup of bread crumbs and season to taste with salt.

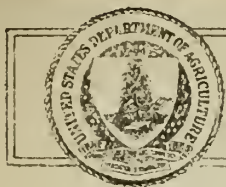
Lay one section of the ribs out flat, flesh side down, and spread with the hot stuffing. Cover with the other section and sew the two together. Sprinkle the outside of the stuffed ribs with salt, pepper, and flour. Lay the stuffed ribs on a rack in a roasting pan. Do not add water and do not cover. Use a moderate oven temperature (about 350° F.) from start to finish. Or, brown the roast in a hot oven (450°-500°) for 20 to 30 minutes, then lower the temperature to very moderate (about 300°) for the finish. Cook until the meat is tender. This will probably require about 1-1/2 hours. Remove the strings from the roast before serving. Carve between the ribs.

Meat Turn-Overs

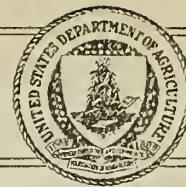
Season chopped cooked or canned meat with onion and celery or parsley, moisten slightly with gravy, or broth, or tomatoes, or chili sauce, and add salt and pepper to taste. Make a rich biscuit dough, using about twice the usual amount of fat. Roll the dough out in rounds, on each round place some of the seasoned meat filling, and fold the edges of the dough together to make turn-overs. Bake in a hot oven (about 425° F.).

Panned Cabbage and Corned Beef

Heat 3 tablespoons of fat in a large pan, add 3 quarts of shredded cabbage, cover to keep in the steam, and cook for 10 to 15 minutes, stirring thoroughly. Add 1 pint of canned corned beef, separated into small pieces, and heat thoroughly. Season to taste with salt, pepper, and a little vinegar.



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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Cereal in porridge or pudding

Potatoes

Tomatoes (or oranges) for children

A green or yellow vegetable

A fruit or additional vegetable

Milk for all

Two to four times a week --

Tomatoes for all

Dried beans and peas or peanuts

Eggs (especially for children)

Lean meat, fish, or poultry, or

cheese

FOOD FALLACIES, FADS, AND FALSITIES

The best diet for the normal human being, say the scientific authorities, includes a certain variety of the common foods. Poor diets are not poor because of what they include but of what they lack. They are poor because they are not complete; that is, not balanced.

Keep these points in mind, says the Bureau of Home Economics of the U. S. Department of Agriculture, and you will not be worried by the fallacy which tells you not to eat fish and milk together, or milk and tomatoes or acid fruits. You will serve fish baked in milk if you like it, and you will drink milk at breakfast or lunch or dinner along with your orange or grapefruit. You may even add lemon juice to the baby's milk, or combine his orange juice and milk. Certainly you will continue to use, without a qualm if you ever had one, cream of tomato soup.

Nor will you spend time or money on the fad of "incompatibles" - such as trying to avoid proteins and starches at the same meal. You will continue to enjoy your meat and gravy and potatoes or sweetpotatoes, or beans or peas, along with a glass of milk.

Still less will you be fooled by the salesman's suggestion that his particular product, no matter how good it may be, will save life or health or bring roses to pale cheeks. The rest of the diet must be right, or no one food will help very much or for long. No one food is complete in itself. It is abuse of the truth, likewise of the good qualities of the particular food, to advertise it as a cure-all.

The fish and milk fallacy is old and persistent. Perhaps it started with somebody who blamed this combination of foods for an illness that was really caused by a bit of spoiled fish or crab meat, which would have made him sick anyhow, with or without milk.

Yet people who will eat fish chowder, which is made with milk, seem afraid to drink milk at a meal where they have, say, fried fish. They may not worry about crab or lobster or shrimp when served a la Newburg, but they shudder if ice cream is served after any sea food. There just isn't anything to the notion, says the bureau, provided, of course, the foods themselves are all fresh and in good condition. Fish, crabs, shrimp, lobsters, oysters and clams are protein foods, like meat and eggs and cheese, and far from being "poisonous" when used with milk, they are good with cream sauce or with milk gravy, or baked or creamed or scalloped in milk, as the case may be, or served with milk to drink at the same meal.

Is somebody worried about sour fruits and milk together? Don't they curdle in the stomach? And if they do, the nutritionist calmly interjects, what of it? The first process in the digestion of milk is curdling. The gastric juice, in the stomach, does that.

The curd that results from a mixture of fruit acids and milk is much finer and therefore easier to digest than the milk curd ordinarily formed in the stomach. There is no reason to be afraid of curdled milk, but quite the contrary. Butter-milk, you know, and a lot of kinds of curdled milk, are often recommended for the delicate digestion. And some authorities on child feeding recommend adding lemon juice to milk to help the baby to digest it.

As for not taking your proteins and starches at the same meal, this is something you couldn't avoid if you wanted to unless you cut out potatoes, sweet-potatoes, beans and peas, and in fact most of the vegetables, for they contain both starch and protein. The digestive system is equipped to take care of both kinds of food material. Why, then, make it concentrate on starch at one time and protein another time, and give it a heavier job with each?

And now for a word of caution, says the Bureau. Don't let any wooing radio voice persuade you that any one food will save your undernourished or ailing child. Nothing, of course, is more important than his diet. But not even milk, which comes the nearest to being an all-round food, will be all he needs after he has passed his very earliest babyhood. Build the child's diet, rather, on a milk foundation. Add the food materials milk does not provide, or in which it needs to be reinforced. Give him, for one thing, a cereal, but give him also orange juice or tomato juice, with vegetables and meats prepared in ways that suit his needs, for he, like you, should have variety. Remember, however--especially if you are counting your pennies--that all the cereals are good energy foods, and none is enough better than another so far as its energy value is concerned, to make any real difference in your choice. If you can afford plenty of foods of all kinds, you can afford to choose cereals solely according to what you like best. But if you must use a good deal of cereal because it is cheap, and you are limited on other foods, remember that the whole-grain cereal foods, such as whole wheat and oatmeal, give

more food values for the money than those that are highly milled. They give you the mineral and vitamin values which are lost with the parts of the grain taken away in the milling process.

In other words, each class of food has its part to play. And each does its best work only when the others are present. This does not mean they must all be present at the same meal, though they usually are in a well-planned lunch or dinner, and maybe breakfast as well. But it is not a good idea to allow more than a day to elapse without checking up on the balance of your family diet to see whether you have all the classes of food you need.

RECIPES

SCALLOPED SALMON

1 pound can salmon (2 cups)	1-1/2 cups milk
2 tablespoons butter	3/4 teaspoon salt
2 tablespoons flour	1 cup buttered bread crumbs

Break the salmon into pieces and remove the bones. Prepare a sauce of the fat, flour, milk, and salt. Place a layer of the salmon in the bottom of a greased baking dish, add some of the sauce, then another layer of salmon, and so on until all the ingredients are used. Cover the top with the buttered bread crumbs and bake in a moderate oven until the sauce bubbles up and the crumbs are brown.

CREAM OF TOMATO SOUP

2 cups tomatoes	3/4 teaspoon salt
2 slices onion	1/4 cup flour
Few grains nutmeg(if desired)	1/4 cup butter
	2 cups milk

Simmer tomatoes and seasonings 15 minutes, covered. Strain. Thicken with flour and fat. Add the hot tomato mixture slowly to the cold milk (not the milk to the tomatoes) and heat to boiling point, stirring constantly. Do not use soda because that destroys the vitamin C of the tomatoes. Do not let the mixture boil. Serve immediately.

